

When you need healthcare, call First Care!



105 W. 13th St.
Hays, KS 67601
785.621.4990

firstcareclinic.com

Primary Medical Care

- Preventative Care
- Chronic Diseases
- Acute Care
- Physicals
- Immunizations
- Sutures
- Minor Injuries
- Lab Services

Dental

- Exams & X-Rays
- Restorations
- Cleanings
- Extractions
- Root Canals
- Bridges
- Dentures & Partials

Behavioral Health

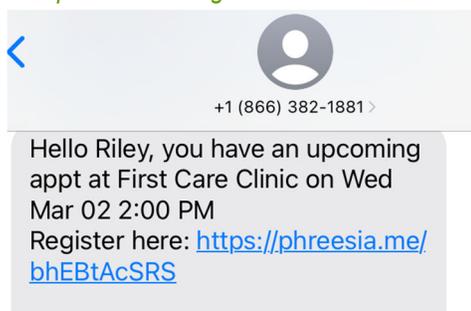
- Depression
- Anxiety
- Grief Counseling
- Relationships
- Crisis Intervention
- Anger Management
- Therapeutic Groups

Pre-Register Before Your Next Visit

First Care Clinic is offering a new way for patients to confirm and register for upcoming appointments. There will no longer be paper forms when you arrive at the clinic.

Patients will receive a text message and an email prior to appointments.

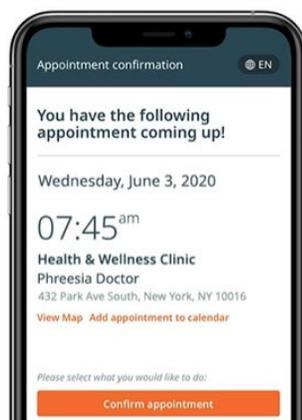
Sample text message



We ask that you not only confirm the appointment but also take the time to complete the check-in process prior to your arrival. You will be asked to:

- Review Personal Information
- Update Clinical History
- Sign Forms and Policies
- Answer Screening Questions
- Upload Your Insurance Card
- Make a Payment

This is information that would be completed upon arrival or asked by a member of your care team in the exam room, but you now have the ability to answer these questions from the privacy and comfort of your own home.



Avoid Check-in Lines and See Your Provider Sooner!





According to the CDC, excessive alcohol use is responsible for nearly 95,000 deaths in the United States each year.

There are negative health effects of excessive alcohol use including chronic conditions such as alcohol use disorder, problems with learning & memory, mental health, high blood pressure, heart disease, stroke, liver disease, and cancer.

Immediate health effects can include injuries, violence, poisonings, unintended pregnancies, sexually transmitted infections, and poor pregnancy outcomes.

If you have any concerns, please talk with your provider about your drinking behavior and request counseling if you drink too much.

For more information visit <https://www.cdc.gov/chronicdisease/resources/publications/fact-sheets.htm>

Did You Know

Oral disease can cause pain and infections that may lead to problems with eating, speaking, and learning. It can also affect social interaction and employment potential.

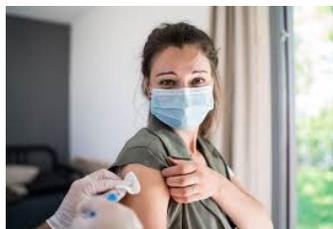
Visit: <https://www.cdc.gov/oralhealth>

Telehealth Appointments



Telehealth appointments are no longer required for sick visits. We will still offer them but if you prefer to come into the clinic, you may do so. However, if you are symptomatic, we will ask that you wear a mask.

Get the Booster



The COVID-19 vaccine booster restores vaccine effectiveness against infections. The Ellis County Health Dept., Walgreens, Walmart, and Dillon's offer the vaccine & booster.

Spring Cleaning and Mental Health

“With the arrival of spring comes spring cleaning. While decluttering your home may seem like an overwhelming task, it can significantly declutter your mind.”

Spring has arrived, and many people (72% of households, according to the American Cleaning Institute) have done or will do spring cleaning.

According to Mayo Clinic Health System Nurse Practitioner, Heidi Stenerson, “Spring is a great time to start fresh in your home and mentally. “Creating a schedule of where and when you'll clean can make staying on track much easier.”

Stenerson also says, “You don't have to flawlessly polish your home to feel the



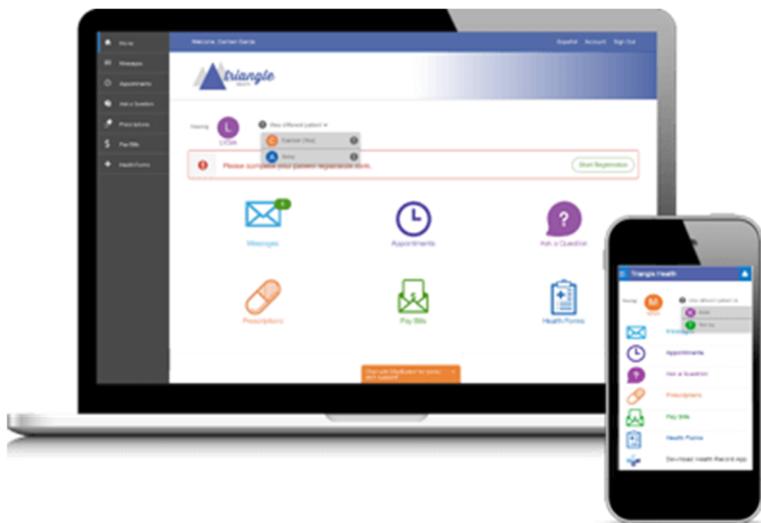
effects of spring cleaning. It's best to find the environment that you're most comfortable in.”

Spring cleaning can:

- improve your mood.
- decrease stress.
- foster creativity.
- provide a sense of accomplishment.
- provide physical benefits.

Reference:

<https://newsnetwork.mayoclinic.org/discussion/spring-cleaning-declutter-your-home-declutter-your-mind>



New Patient Portal Coming Soon!

First Care Clinic is excited to announce that we have a new patient portal coming in May!

You will receive a text and email with instructions on how to set up your new patient portal.

After clicking the link, you will just need to enter your date of birth and zip code to verify your identity.

Then you can choose your own username and password and set up a security question.

The patient portal provides you with 24-hour access to connect with your provider and review health information. The new portal is very user-friendly.

Be sure to watch your email!

- [View Health Information](#)
- [Message Your Provider](#)
- [Request an Appointment](#)
- [Request a Med Refill](#)
- [View Lab Results](#)

About Us

First Care Clinic is a Federally Qualified Health Center providing access to compassionate, quality care for all.

We accept most major insurances and provide a sliding fee scale for those who qualify. Our providers work together in an integrated setting to provide comprehensive care to our patients.



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Healthy Recipe

All-American Light Potato Salad



Ingredients:

- 4 russet potatoes with skin
- ¼ cup light mayonnaise
- ¼ cup fat-free sour cream
- 1 tablespoon honey mustard
- ¼ teaspoon pepper
- ½ teaspoon salt
- ½ cup celery
- 1/3 cup red bell pepper
- 1/3 cup green onions
- 1 tablespoon fresh parsley
- ½ teaspoon paprika

Directions:

Wash the outside of potatoes and cut into 1-inch cubes. Add potato pieces to a microwave-safe container. Cover and cook on high for 6 minutes. Stir potatoes, cover and cook on high until potatoes are tender (about 4 – 6 more minutes). While potatoes are cooling, add mayonnaise, sour cream, honey mustard, salt and pepper to large bowl. Whisk and combine. Stir in cooled potatoes, add chopped celery, bell pepper, green onions and parsley. Cover and chill for at least an hour. Sprinkle with paprika.